

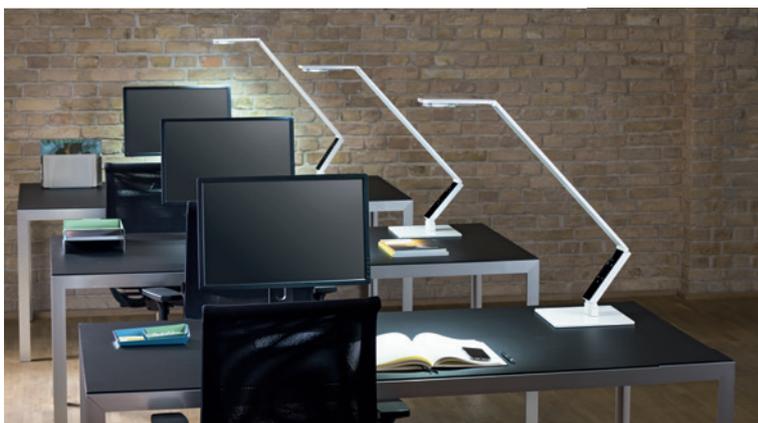
## PRESS RELEASE

### Study shows that LUCTRA® improves overall quality of life

A study conducted by the Stress Management Society has demonstrated the positive impact of LUCTRA®'s innovative LED lighting technology on wellbeing, sleep and mental health. Remarkably, the study participants' reported that their overall quality of life increased by 8%.

The study also demonstrated that the percentage of participants experiencing 'Poor' mental wellbeing reduced from 40% to 20%. 70% of participants reported that using the LUCTRA® lamp made a positive difference to their daily life and on average participants also reported that their sleep quality improved by 20% after using the lamp.

Participants of the study used LUCTRA TABLE lamps over two separate 12-week periods and were then assessed using both quantitative and qualitative methods against two scales which measure wellbeing; The Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) and The World Health Organisation – Five Wellbeing Index (WHO-5).



The SWEMWBS measures emotional and mental wellbeing from a personal perspective, looking at individuals' emotions, quality of interpersonal relationships and psychological functioning. The WHO-5 assesses overall subjective wellbeing and quality of life based on positive mood, vitality and general interest.

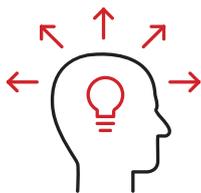
Jonathan Brune, LUCTRA® Brand Director commented, "We're delighted that this study has shown the overwhelmingly positive effect that light can have. We know from our scientific studies that LUCTRA® lamps have a biological effect on the body, but we need to use this knowledge to take better care of ourselves at home and at our places of work".

LUCTRA® lamps have been highlighted in an independent white paper by Baker Stuart as a solution to the lighting problems we face in our workplaces.

To find out more visit [www.luctra.eu](http://www.luctra.eu)

## INVESTIGATING THE IMPACT OF LIGHTING ON WELLBEING

The Stress Management Society conducted a study using LUCTRA® Table Lamps to explore the impact on wellbeing, mental focus, stress and fatigue in individuals who used the innovative LED lighting technology from LUCTRA®.



"Helped me to concentrate.  
Focus and sleep quality improved."

**IMPROVED**  
SLEEP QUALITY



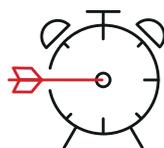
"Improves the lighting in  
the office and makes you  
feel more awake."

**IMPROVED**  
MOOD



"The brightness of the lamp  
definitely does give you a lift  
when you are working."

**POSITIV**  
LIFE IMPACT



Quality of sleep rose from  
4.6 to 6.5 out of 10.



'Poor' mental wellbeing reduced from  
40% to 20% on the Short Warwick &  
Edinburgh Mental Wellbeing Scale.



70% of participants reported that  
using the LUCTRA® lamp made  
a difference to their daily life.

**About LUCTRA®:**

LUCTRA® is the brand for good working light in the office or at home. For this purpose, the table, floor and mobile lamps included in the range provide light which not only illuminates, but also makes people happy, more efficient and simultaneously less tired. This works, because it transmits the right impulses for every situation.

To this end, the professional, biologically effective LED lamp system utilizes the latest scientific findings about the effect of light on human beings. It follows the principle of Human Centric Lighting, for short HCL, by focusing on human beings with their personal lighting needs for healthier and more efficient working and living. LUCTRA® light can almost perfectly simulate natural daylight and thus supports the user's personal inner clock.

LUCTRA® has already received numerous renowned design prizes such as the German Design Award and was brought to market in 2015 by the long-established company DURABLE Hunke & Jochheim GmbH & Co. KG. This company has been dedicated to professional work for almost a century: to its organisation, its processes and its equipment. DURABLE currently employs 700 workers worldwide and has its Head Office in Iserlohn/Germany. All LUCTRA® lamps are assembled manually by the expert staff of the LUCTRA® production plant in Kamen (North Rhine-Westphalia, Germany).

**Press contact:**

Martina Heiland - PR Manager  
DURABLE Hunke & Jochheim GmbH & Co. KG  
Westfalenstraße 77–79, 58636 Iserlohn  
Phone: +49 (0) 23 71 66 22 65  
E-Mail: [martina.heiland@luctra.eu](mailto:martina.heiland@luctra.eu) · Web: [www.luctra.eu](http://www.luctra.eu)